

## Event

**Saturday, March 25, 2006**

**Time: 8:30-3:30 p.m.**

### **Hilliard Park YMCA**

4515 Cosgray Road  
Hilliard, OH 43206

## Directions

### **From the North**

Take I-71 south to I-270 west. Take the Tuttle Crossing Blvd. exit 15. Turn Right onto Tuttle Crossing Blvd. to Wilcox Rd. Turn Left onto Wilcox Rd. to Hayden Run Rd. Turn Right on Hayden Run Rd. to Cosgray. Turn left on Cosgray.

### **From the East**

Take I-70 West. to I-270 North. Take the second Hilliard Cemetery Road Exit toward Hilliard. Stay on Hilliard Cemetery Road. Stay to the right as Hilliard Cemetery Road becomes Scioto Darby. Take Scioto Darby to Cosgray. Turn Right on Cosgray.

### **From the South**

Take I-71 North to I-70 West. Merge onto I-70 West. to I-270 North. Take the second Hilliard Cemetery Road Exit toward Hilliard. Stay on Hilliard Cemetery Road. Stay to the right as Hilliard Cemetery Road becomes Scioto Darby. Take Scioto Darby to Cosgray. Turn Right on Cosgray.

### **From the West**

Take I-70 East to I-270 North. Take the second Hilliard Cemetery Road Exit toward Hilliard. Stay on Hilliard Cemetery Road. Stay to the right as Hilliard Cemetery Road becomes Scioto Darby. Take Scioto Darby to Cosgray. Turn Right on Cosgray.



Columbus Recreation and Parks Dept.  
Att: Mary Beth Moore, CTRS  
420 W. Whittier St.  
Columbus, OH 43215

# FITNESS AND DISABILITY INSTRUCTOR WORKSHOP

*March 25, 2006*



***Presented by:***



*In collaboration with Children's Hospital, OSU Dodd Hall Rehabilitation,  
and OSU Adapted Recreation and Sports*

## Intended audience

Fitness professionals, Adapted Physical Education instructors, Certified Therapeutic Recreation Specialists, Occupational Therapists, Physical Therapists, students in the field, and individuals with disabilities.

As a participant in this workshop you will be able to:

Understand your role and ability to individualize programs for a person with a cognitive disability.

Understand your role and ability to individualize programs for a person with a physical disability

Understand your role and ability to individualize programs for a person with a pulmonary disorder.

## Speakers

### **Karen Adams, OTR/L**

Spinal Cord Injury Team  
OSUMC Rehabilitation Services

### **Christina Bender, CFY-SLP**

Brain Injury Team  
OSUMC Rehabilitation Services

### **Autumn Trombetta, MS, RD, LD**

Clinical Rehabilitation Dietician

### **Whitney Wilkinson, RRT**

Columbus Children's Hospital  
Pulmonary Rehabilitation Program Coordinator

### **Jennifer Kocher, CTRS**

Clinical Leader Therapeutic Recreation  
Department Columbus Children's Hospital  
Therapeutic Recreation Specialist for Pulmonary Rehabilitation Program

## Schedule of Events

### **8:30 a.m.**

Registration

### **9:00-9:45 a.m.**

Risk Management, Person First,  
Individual rights/responsibilities

### **9:45-10:45 a.m.**

Exercise and Disability

### **10:45-11:00 a.m.**

Break

### **11:00-12:00 p.m.**

Exercise and Disability

### **12:00-12:45 p.m.**

Lunch-provided

### **12:45-1:15 p.m.**

Nutrition and exercise

### **1:15-1:45 p.m.**

Positioning

### **1:45-2:00 p.m.**

Break

### **2:00-3:00 p.m.**

Hands on Fitness

### **3:00-3:30 p.m.**

Wrap up

## Registration Form

(maximum of 50 participants)

**Return by March 3, 2006**

Name \_\_\_\_\_

Title \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State/Zip \_\_\_\_\_

Telephone \_\_\_\_\_

Fax \_\_\_\_\_

Occupation \_\_\_\_\_

Accommodations/Dietary consideration  
\_\_\_\_\_

## Fees

Professional \$75.00

Student \$40.00

*Make Checks Payable to Friends of Therapeutic Recreation.*

Proceeds go to BlazeSports Columbus

## Mail to:

Columbus Recreation and Parks Dept.  
Att: Mary Beth Moore, CTRS  
420 W. Whittier St.  
Columbus, OH 43215

For more information contact:

Mary Beth Moore, CTRS  
614-645-5648

Bill Martell  
614-351-8188

